

## Creating Problem Gambling Capable Programs

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Funded by DHMH/ADAA

### Mission

The Maryland Center of  
Excellence on Problem  
Gambling offers centralized  
programs and services to help  
mitigate and prevent the  
negative effects of problem  
gambling in Maryland.

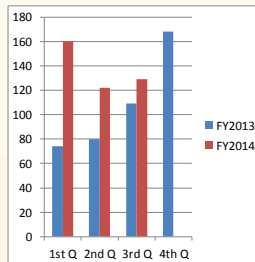


### Mission

The Maryland Center of  
Excellence on Problem Gambling  
promotes health and informed  
choices through *treatment,  
prevention, training and  
education, outreach and public  
awareness, research and public  
policy*. It does so by working  
closely with appropriate state  
stakeholders and bringing  
together experts from a variety of  
disciplines including psychiatry,  
medicine, epidemiology, social  
work, law and others.

Funded by a 3 Yr Grant (2012-2015) from DHMH/ADAA

### Helpline Calls



### Training and Education

Over 5,500 participants have  
attended one or more  
educational event

### Youth Prevention

Smart Choices Pilot  
Included 7 schools and over  
200 students

## Diagnostic Changes DSMIV to DSM5





- To increase the awareness of the impact of gambling on recovery, health and well-being

- To increase the capacity of substance use disorder and mental health treatment programs to address problem gambling through enhanced screening, assessment, awareness, intervention, and relapse prevention strategies.



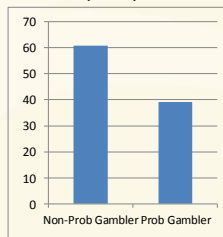
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## So Why Bother

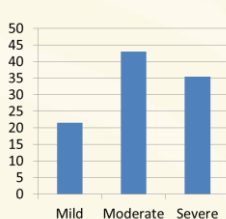
- Evidence of high risk of gambling problems among individuals diagnosed with substance use and mental health disorders.
- Not addressing gambling issues decreases treatment effectiveness and adds to treatment costs
- Early intervention and treatment work!

### Gambling Disorder among Individuals Attending Outpt. Substance Abuse Treatment (Himelhoch et al)

Individuals Meeting DSM5 Criteria  
(n=203)



DSM5 Severity  
N=79

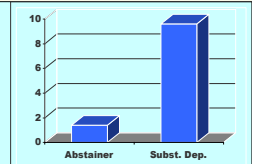


### Why Bother?

#### Canadian Epidemiological Study

- The more severe the past year substance use disorder, the **higher the prevalence** of gambling problems
- Individuals with a lifetime history of a mental health disorder have **2 – 3 times the rate** of problem gambling (PG).

(Rush et al, 2008)



#### PG in Methadone Maintenance

- 28% met criteria for problem or pathological gambling
- PG group more likely to have **positive tox screen** for cocaine
- 45.5% PG group **dropped out early** compared to 17.6% of non-gambling group

Ledgerwood et al, 2002

Individuals with PG and SUD – **double the rates** of admission for detoxification and significantly **greater admissions** for psychiatric stabilization (Kaplan & Davis, 1997)

## OSAM Survey

- 27.6% gambled more when using alcohol or other drugs
- 16.7% used more alcohol or drugs when gambling
- 15.6% gambled to buy alcohol or drugs

## Why Bother?

### Connecticut Study

**19% of individuals** in treatment with diagnosis of schizophrenia or schizoaffective disorder met criteria for problem or pathological gambling

**PG associated with depression, alcohol use problems, greater legal problems and higher utilization** of MH treatment (this associated with recreational gambling as well)

(Desai & Potenza, 2009)

### Health Problems and Medical Utilization with Gambling Disorders

\* Gambling **even 5 times a year** (at risk) is associated with adverse health consequences, **increased medical utilization and health care costs**.

\* At risk gamblers more likely to be diagnosed with hypertension, receive ER treatment, experienced severe injury, be obese, have history of mood or anxiety disorder, have an alcohol use disorder and nicotine dependence.

\* **At risk group comprises 25% of the population.**

National Epidemiologic Survey on Alcohol and Related Conditions (Morasco et al, 2006)

## Intimate Partner Violence (IPV) and Problem Gambling

Study of 300 women, consecutive ER admissions (Muehlemann et al, 2002):

- 26% categorized as experiencing IPV
- IPV **10X** as likely if partner was problem gambler
- IPV **6X** as likely if partner was problem drinker
- IPV **50X** as likely if partner was both

Study of 248 Problem Gamblers (43 women, 205 men) (Korman et al., 2008)

- **63%** experienced past year assault, injury and/or sexual coercion
- **55.6%** perpetrated IPV
- **59.7%** victims of IPV
- Presence of lifetime substance use disorder + anger problems increased likelihood of IPV

## Intimate Partner Violence (IPV) and Problem Gambling

US Nat'l Comorbidity Survey Replication, N=3334 (Afifi et al., 2009)

**Problem and Pathological Gambling (PPG) among those reporting IPV and Child Abuse**

**Dating Violence: 5X rate of PPG**

**Severe Marital Violence: 40X rate of PPG**

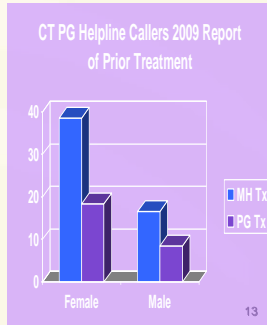
**Severe Child Abuse: 2.5X rate of PPG**

## Why Bother

### Lifetime Co-morbidity

- Although nearly half (49%) of those with lifetime pathological gambling received treatment for mental health or substance abuse problems, none reported treatment for gambling problems

Kessler et al., 2008 (National Comorbidity Survey Replication)



## Why address gambling problems in SUD and MH programs: Summary

- Individuals with substance use and mental health disorders are at higher risk for having a gambling problem
- Gambling (even at moderate levels) may have an adverse impact on treatment outcome
- Unaddressed gambling and gambling problems are likely to add to treatment costs and service utilization

## Why address gambling problems in SUD and MH programs: Summary

- Gambling may become a sequential addiction for individuals recovering from a substance use disorder
- Gambling can be a relapse risk factor
- Gambling and problem gambling may exacerbate psychiatric symptoms
- Relationship violence and child abuse are related to problem gambling and severely aggravated if substance use is involved.

## PG Screening



- Good News
  - Lie/Bet
  - BBGS
  - NODS-CLIP
  - NODS-PERC
  - SOGS



- Bad News
  - Screens don't work well in clinical practice
  - Give illusion of addressing issue



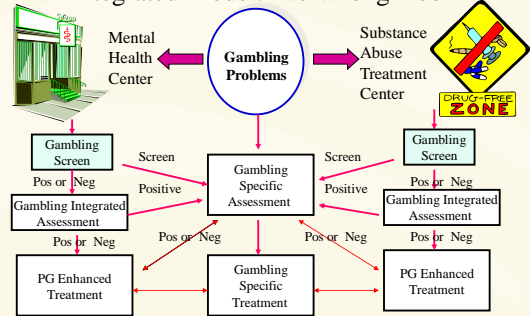
- Need for Gambling SBIRT**

## Assessing Impact on Recovery

- Beyond diagnosis and labeling
- In what ways does gambling support or detract from mental health or substance abuse recovery?
- In what ways does gambling support or detract from life goals?

17

## Integrated Model: No Wrong Door



18

## Process for Enhancing Problem Gambling Capability

- Agency point person(s)
- Guide Team and Work Group
- Gambling Awareness Survey – staff and clients
- All staff training
- Key Staff – PG competency training
  - Competency standards/certification/endorsement
- PG Capability Evaluation (PGCAP modified from DDCAT)
- Create problem gambling/gambling impact integrated intake and assessment process
- Infuse the impact of gambling on recovery and gambling disorder throughout treatment protocols/materials
- Ongoing resource and practice enhancement
- Regular agency or interagency meetings
- Repeat surveys and PGCAP evaluation

19

## Thank You



In the beginner's mind there are many possibilities, but in the expert's there are few.  
- Shunryu Suzuki

20